

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

TUESDAY, JULY 7TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Health & Motivation	When we are having a rough day and we are feeling stressed try to do Breathing Exercise to alleviate Anxiety and Stress. <u>Click Here</u>
The Arts	Get Crafty/The Arts	Summer is here and hotter than ever! Learn how to create these quick and fun paper plate fans to keep you cool wherever you go. <u>Click Here</u>

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Education	How it works!	Leaving for college is exciting. Join Ms. Hannah as she shows us how to prepare for college with a checklist. <u>Click Here</u>
Leadership	Take The Lead	Today we will learn how to make a club sandwich because being a leader is also taking lead in the kitchen. <u>Click Here</u>
Sports & Recreation	Sports	Have stiff muscles that need some loosening up? Watch this video that will teach you 9 stretching exercises you can do to loosen those stiff muscles. Know your limits and go as far as you know you can go. <u>Click Here</u>